

Before taking the test, please be calm and slowly recall back about your emotional state of the past two weeks, and then allocate the marks for each of the following question according to the following score.

您在开始测试前, 建议您选择冷静, 慢慢回想近两周的情绪状态, 然后对下列每题符合您情绪的项

NO	QUESTIONS	MARKS
1	Do you feel like losing your appetite or overeating? 您是否感到食欲不振或情不自禁地暴饮暴食?	
2	Are you suffering from insomnia or feeling tired and drowsy all day long? 您是否患有失眠症? 或整天感到体力不支, 昏昏欲睡?	
3	Do you lose your interest of sex? 您是否丧失了对性的兴趣?	
4	Do you often worry about your own healthy? 您是否经常担心自己的健康?	
5	Do you think life is meaningless? 您是否认为生存没有价值, 或生不如死?	
6	Are you facing depression all the time? 您是否一直感到伤心或悲哀?	
7	Do you feel your future is hopeless? 您是否感到前景渺茫?	
8	Do you think yourself is a worthless or self-righteousness loser? 您是否觉得自己没有价值或自以为是一个失败者?	
9	Do you think that yourself is powerless and always worse than others in terms of performance? 您是否觉得力不从心或自叹比不上别人?	
10	Do you blame yourself for everything? 您是否对任何事都自责?	
11	Do you always hesitate when making a decision? 您是否在做决定时犹豫不决?	
12	Have you been angry or feeling unsatisfied towards yourself recently ? 这段时间您是否一直处于愤怒和不满状态?	
13	Have you lost interest in your career, family, hobbies or friends? 您对事业、家庭、爱好或朋友是否丧失了兴趣?	
14	Do you feel depressed or not motivated all the time? 您是否感到一蹶不振, 做事情毫无动力?	
15	Do you think you are aging or losing your charisma? 您是否以为自己已衰老或失去魅力?	

MARKS (分数)	NO (没有) 0	SLIGHTLY (轻度) 1	MODERATE (中度) 2	CRITICAL (严重) 3
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Depression Assessment Result (抑郁症测试评分结果)

Your marks between 0 - 4 : No depression (没有抑郁)

Your marks between 5 - 10 : You feel sad or unhappy at times (偶尔有抑郁情绪)

Your marks between 11 - 20 : Slight depression (有轻度抑郁症)

Your marks between 21 - 30 : Rather depressed (有中度抑郁症)

Your marks between 31 - 45 : Critically depressed and need to be counseled (有严重抑郁症, 并需要立即治疗)

This assessment test is brought to you by Maha Welfare Society Counseling Department. Do note that this depression assessment is only to be used as reference and cannot be replaced with the diagnosis psychological health.